

Rank	Bib	Name	Cat	Club	Swim	T1	Cycle	T2	Run	FINISH Time	Wave
Trilogy Triathlon 2017											
1.	31	Shane Scully	M35-39	Nenagh	00:11:24	00:00:48	00:30:49	00:00:54	00:17:24	01:01:21	1
2.	9	Brendan Crawford	M35-39		00:11:23	00:00:52	00:32:06	00:00:40	00:18:40	01:03:42	1
3.	32	Gary Scully	M25-29	Nenagh	00:11:29	00:00:47	00:33:28	00:00:55	00:18:05	01:04:45	1
4.	228	Byrne Joe	M30-34	Activ multisport	00:12:04	00:00:42	00:33:42	00:01:00	00:18:59	01:06:28	1
5.	234	King Michael	M40-44	Activ multisport	00:12:57	00:00:57	00:32:49	00:00:53	00:18:54	01:06:31	7
6.	22	Jack Lynch	M45-49	3D	00:14:03	00:00:51	00:31:31	00:01:08	00:19:23	01:06:59	1
7.	21	Anton Krivski	M30-34		00:11:59	00:00:58	00:34:38	00:00:51	00:19:22	01:07:50	1
8.	6	Richard Chapman	M45-49	Limerick tri club	00:12:01	00:00:52	00:33:25	00:00:57	00:20:49	01:08:05	1
9.	28	Ian Purcell	M35-39	Clonmel TC	00:12:22	00:01:03	00:34:14	00:01:00	00:19:36	01:08:17	1
10.	15	Murphy Ellen	F35-39	Waiting List	00:12:03	00:00:51	00:34:35	00:00:59	00:20:32	01:09:02	1
11.	3	Alan Buckley	M40-44	Limerick Triathlon Club	00:13:52	00:01:11	00:31:12	00:01:05	00:22:06	01:09:29	1
12.	235	William Morris	M40-44	Activ multisport	00:13:59	00:00:52	00:35:04	00:01:03	00:18:48	01:09:49	7
13.	24	Ramunas Meskauskas	M30-34	Tri an Mhi	00:13:11	00:00:48	00:35:58	00:00:48	00:19:14	01:10:02	1
14.	16	Sean Farrell	M50-54	3d tri club	00:12:05	00:00:54	00:34:56	00:01:01	00:21:18	01:10:15	1
15.	19	Sinead Fox	Relay	Tullamore	00:13:28	00:00:48	00:33:39	00:00:44	00:21:36	01:10:18	1
16.	29	Sean Rooney	M30-34	3D Tri	00:13:06	00:01:18	00:34:44	00:01:36	00:19:54	01:10:40	1
17.	233	O'Connor Martin	M40-44	Activ multisport	00:12:23	00:01:09	00:35:50	00:01:10	00:21:08	01:11:41	1
18.	55	Thibaut Lust	M35-39	3D Triathlon	00:14:57	00:01:12	00:35:18	00:01:18	00:20:13	01:13:00	2
19.	316	Harpur Tony	M40-44	Waiting List	00:18:25	00:01:11	00:32:38	00:01:13	00:19:49	01:13:18	9
20.	226	Coyle James	M30-34	Activ multisport	00:12:29	00:01:09	00:36:58	00:00:59	00:22:27	01:14:03	7
21.	4	Liam Butler	M60	Tipperary Triathlon Club	00:14:17	00:01:02	00:35:49	00:01:10	00:21:49	01:14:09	1
22.	36	Aoife Brady	Relay		00:15:36	00:00:45	00:34:20	00:00:45	00:22:42	01:14:09	2
23.	5	ross byrne	M25-29		00:12:10	00:01:59	00:37:14	00:01:48	00:21:46	01:14:59	1
24.	244	Le roy Sébastien	M30-34	Activ multisport	00:13:00	00:01:15	00:39:59	00:01:23	00:19:52	01:15:30	7
25.	10	Shane Crawte	M20-24	Ktrtc	00:11:28	00:01:14	00:39:27	00:01:06	00:22:19	01:15:37	1
26.	20	Nicholas Jones	M35-39		00:13:20	00:01:13	00:39:24	00:01:55	00:20:02	01:15:55	1
27.	52	Brian Kirwan	M35-39		00:13:35	00:01:46	00:37:18	00:01:04	00:22:11	01:15:57	2
28.	230	Lennon Marc	M35-39	Activ multisport	00:14:57	00:01:28	00:37:33	00:01:37	00:20:22	01:15:59	7
29.	312	CORMAC O'NEILL	M50-54		00:17:18	00:01:01	00:34:11	00:01:19	00:22:14	01:16:05	9
30.	1	Esther Bayon	F40-44		00:11:59	00:00:58	00:39:56	00:01:04	00:22:07	01:16:05	1
31.	37	Wilson Ciara	F25-29	Waiting List	00:15:52	00:01:17	00:39:17	00:00:50	00:19:04	01:16:22	2
32.	353	Peter McGoey	M35-39		00:18:04	00:01:07	00:34:54	00:00:57	00:21:29	01:16:33	8
33.	59	Paul Mitchell	M35-39	Belpark	00:14:46	00:01:00	00:39:03	00:00:55	00:20:56	01:16:43	2
34.	333	thomas lawlor	M35-39	Athy	00:13:44	00:01:51	00:36:21	00:01:16	00:23:38	01:16:52	10
35.	30	Alan Sammon	M40-44	Newbridge AC	00:15:31	00:02:00	00:38:57	00:01:30	00:19:04	01:17:04	1
36.	215	Murphy Brian	M35-39	Activ Multisport	00:14:38	00:01:22	00:38:25	00:01:02	00:21:52	01:17:21	7
37.	12	Claire Devitt	F30-34	Tipperary wheelers triathlon club	00:12:49	00:01:26	00:39:34	00:01:20	00:22:11	01:17:22	1
38.	23	Paul McDonnell	M40-44		00:14:18	00:01:57	00:38:40	00:01:32	00:21:37	01:18:05	1
39.	27	Leonard Paul	M35-39	Waiting List	00:16:29	00:01:27	00:38:23	00:01:10	00:20:39	01:18:10	10
40.	293	O'Loughlin Joe	M35-39	Waiting List	00:19:55	00:01:02	00:34:56	00:00:51	00:21:33	01:18:19	9
41.	243	Domhnall Roche	M30-34		00:15:39	00:00:58	00:38:40	00:01:21	00:21:43	01:18:23	2
42.	325	Edward Fahy	M55-59	Limerick Triathlon Club						01:18:31	10
43.	217	Bolger David	M35-39	Activ multisport	00:14:13	00:01:00	00:34:37	00:01:32	00:27:12	01:18:37	7
44.	56	Eamon MacFhionnlaoidh	M50-54	Pulse Triathlon Club	00:15:50	00:00:56	00:38:39	00:01:12	00:22:05	01:18:44	2
45.	328	iwan harmsen	M35-39	3D	00:16:48	00:01:23	00:35:49	00:01:19	00:23:38	01:19:00	10
46.	195	Harm Hemsing	M40-44		00:17:12	00:02:40	00:38:52	00:00:45	00:19:29	01:19:00	6
47.	317	McEvoy Aoife	F35-39	Trilogy	00:16:07	00:00:58	00:36:44	00:00:57	00:24:17	01:19:05	10
48.	214	Alexandra Birney	F40-44	Activ multisport	00:14:05	00:01:01	00:40:03	00:01:01	00:23:16	01:19:27	7
49.	302	Shane McDonald	M35-39		00:17:23	00:01:05	00:38:06	00:01:04	00:22:05	01:19:44	9
50.	301	Harpur Mark	M35-39	Waiting List	00:17:30	00:01:23	00:36:48	00:01:39	00:22:24	01:19:46	9
51.	297	Liga Krumina	F20-24		00:15:24	00:01:34	00:40:38	00:00:54	00:21:33	01:20:06	9
52.	67	Darragh Skehan	M25-29	Naas triathlon club	00:15:11	00:01:48	00:40:38	00:01:07	00:21:25	01:20:11	2
53.	245	Mcmenamin Stuart	M35-39	Activ multisport	00:14:21	00:01:55	00:40:15	00:01:53	00:22:05	01:20:30	7
54.	65	Paul Pierce	M30-34		00:14:35	00:01:44	00:41:31	00:01:30	00:21:18	01:20:40	2
55.	68	Damian Strain	M50-54	No1 Fitness	00:18:01	00:02:29	00:35:22	00:01:27	00:23:46	01:21:06	2
56.	242	Hart Richard	M40-44	Activ multisport	00:14:51	00:01:51	00:35:33	00:01:39	00:27:18	01:21:14	7
57.	351	Michal Zielinski	M35-39		00:17:58	00:02:26	00:37:10	00:01:17	00:22:25	01:21:17	2
58.	191	Gary Dillon	M25-29	Tullamore	00:17:22	00:02:07	00:39:09	00:00:51	00:21:47	01:21:18	6
59.	280	Stephen Short	M40-44	3d	00:17:40	00:01:22	00:37:23	00:01:06	00:23:57	01:21:30	8
60.	336	Tony McCormack	M45-49	Tullamore	00:17:28	00:01:12	00:36:32	00:01:20	00:25:05	01:21:38	10
61.	60	Peter Murphy	M30-34	nil	00:14:36	00:01:51	00:40:56	00:01:33	00:23:01	01:21:59	2
62.	257	keith gorry	M40-44	n/a	00:21:52	00:01:32	00:37:06	00:01:13	00:20:17	01:22:02	8
63.	34	Paul Smithers	M35-39		00:11:46	00:02:21	00:40:24	00:01:12	00:26:17	01:22:03	1
64.	225	Roche Ian	F35-39	Activ multisport	00:18:43	00:01:26	00:39:13	00:01:26	00:21:31	01:22:21	7
65.	57	Damian McCormack	M50-54		00:14:24	00:02:15	00:40:34	00:02:12	00:23:23	01:22:51	2
66.	348	Simon Walkin	M40-44		00:14:53	00:01:45	00:40:24	00:01:10	00:24:41	01:22:55	10
67.	18	Vanessa Fenton	F45-49	Piranha	00:12:50	00:01:51	00:42:55	00:01:23	00:23:56	01:22:56	1
68.	66	James Ryan	M35-39		00:16:51	00:01:26	00:40:42	00:01:15	00:22:41	01:22:57	2
69.	334	Bernard Loughlin	M55-59	Limerick Tri Club	00:16:12	00:01:09	00:40:31	00:01:10	00:24:06	01:23:09	10
70.	169	Ken Morrissey	M35-39	Limerick tri club	00:15:45	00:02:17	00:39:57	00:01:04	00:24:19	01:23:24	9
71.	33	Glen Scully	Relay		00:12:11	00:00:45	00:46:21	00:02:10	00:22:02	01:23:31	1
72.	11	Rodger Delehanty	M30-34		00:13:19	00:02:26	00:39:07	00:01:57	00:26:41	01:23:32	1
73.	300	Eoin Lorigan	M35-39	Triogly	00:14:27	00:02:15	00:40:56	00:01:36	00:24:25	01:23:40	9
74.	43	John Falvey	M45-49	Clonmel	00:18:23	00:00:38	00:38:28	00:01:02	00:25:23	01:23:55	2
75.	218	Griffin Denis	M45-49	Activ multisport	00:16:52	00:01:34	00:38:20	00:01:44	00:25:44	01:24:16	7
76.	50	Laura Hyland	F30-34	None	00:15:29	00:02:17	00:44:04	00:01:02	00:21:40	01:24:34	2
77.	322	Shane Coyle	M35-39	Drogheda Tri	00:16:44	00:01:58	00:37:21	00:01:40	00:27:19	01:25:04	10
78.	222	Cathal Garry	M25-29	Activ multisport	00:16:05	00:01:44	00:42:13	00:01:19	00:23:48	01:25:11	7
79.	303	Alan Moghal	M35-39		00:15:54	00:01:41	00:41:56	00:01:40	00:24:01	01:25:14	9
80.	310	MARTIN O'BRIEN	M35-39	EDEN TRI CLUB	00:17:42	00:02:01	00:40:10	00:01:15	00:24:07	01:25:17	9
81.	61	Andrew Murray	M45-49		00:16:43	00:01:10	00:41:01	00:01:16	00:25:09	01:25:21	2

82.	192	Glenn Fitzgerald	M35-39		00:19:12	00:01:50	00:39:34	00:01:28	00:23:20	01:25:26	6
83.	38	Donal Conroy	M45-49	N/A	00:16:30	00:02:15	00:41:28	00:01:08	00:24:08	01:25:31	2
84.	281	Caroline Walsh	F25-29	3D	00:17:18	00:02:42	00:40:52	00:00:53	00:23:50	01:25:38	8
85.	266	Michael Mannion	M45-49	Pulse	00:18:36	00:01:58	00:41:13	00:01:00	00:22:50	01:25:39	8
86.	329	Darren Kearney	M45-49	Pulse Triathlon Club	00:17:34	00:02:27	00:38:00	00:01:44	00:25:56	01:25:42	10
87.	355	Richard McKeon	Relay		00:14:51	00:01:34	00:44:20	00:01:02	00:24:29	01:26:18	10
88.	47	Mascha Hemsing	F45-49		00:14:44	00:01:57	00:42:24	00:01:01	00:26:10	01:26:19	2
89.	200	Chris Mooney	M35-39		00:15:37	00:01:50	00:42:39	00:01:27	00:24:55	01:26:31	6
90.	240	Goggins Rachael	F30-34	Active Multi Sports (AMS)	00:16:42	00:01:14	00:42:19	00:01:24	00:24:56	01:26:37	7
91.	223	Kane Geraldine	M50-54	Activ multisport	00:16:46	00:01:39	00:41:43	00:01:55	00:24:32	01:26:37	7
92.	261	Fitzgerald Ian	M40-44	Waiting List	00:17:17	00:03:01	00:40:33	00:01:48	00:23:56	01:26:37	8
93.	194	Maud-Annie Foley	F25-29		00:15:03	00:02:02	00:45:29	00:00:57	00:23:04	01:26:38	10
94.	17	Michael Fennelly	M30-34		00:14:21	00:01:40	00:41:18	00:01:19	00:27:58	01:26:38	1
95.	231	Murphy Maria	M45-49	Activ multisport	00:16:09	00:02:13	00:41:08	00:01:46	00:25:26	01:26:45	7
96.	282	Conal Bradley	M40-44		00:18:44	00:04:00	00:01:00	00:01:46	00:25:17	01:26:48	9
97.	69	Damien Ward	M40-44		00:17:05	00:02:35	00:43:06	00:00:51	00:23:14	01:26:53	2
98.	345	Sarah Phelan	F25-29	Belpark	00:17:15	00:01:31	00:41:19	00:01:19	00:25:39	01:27:05	10
99.	39	Priscilla Crombie	F35-39	Eden Tri Club	00:19:08	00:01:26	00:41:24	00:01:15	00:23:55	01:27:11	2
100.	330	aidan keegan	M55-59	none	00:16:05	00:01:42	00:41:31	00:01:17	00:26:49	01:27:25	10
101.	248	Diarmuid Conroy	M25-29		00:18:18	00:02:08	00:41:24	00:00:48	00:24:46	01:27:26	8
102.	295	Paul Kelly	M25-29	KTRTC relay	00:17:46	00:00:50	00:46:10	00:01:05	00:21:34	01:27:26	9
103.	340	Marie McKeown	F35-39	Tri An Mhi	00:17:19	00:01:22	00:42:42	00:01:21	00:24:45	01:27:30	10
104.	155	Phil Dempsey	M50-54	None	00:18:47	00:02:22	00:41:30	00:00:57	00:24:00	01:27:37	5
105.	193	David Fitzgerald	M40-44		00:19:12	00:01:30	00:40:52	00:01:11	00:24:53	01:27:41	6
106.	186	Andrew Corby	M20-24		00:18:05	00:02:03	00:42:45	00:01:34	00:23:27	01:27:55	6
107.	342	Brian Murphy	M40-44		00:17:41	00:01:41	00:41:17	00:01:11	00:26:04	01:27:55	10
108.	273	Patricia Naughton	F45-49	Portlaoise	00:18:48	00:01:19	00:41:18	00:01:21	00:25:13	01:28:01	8
109.	251	Aidan Dineen	M40-44	Athy	00:16:57	00:01:34	00:43:22	00:01:24	00:24:42	01:28:01	8
110.	339	Aongus McGreal	M35-39		00:18:44	00:03:00	00:41:11	00:00:50	00:24:18	01:28:05	10
111.	278	Peter Redmond	M50-54	none	00:17:08	00:02:14	00:45:09	00:00:55	00:22:40	01:28:09	8
112.	338	Emer McGowan	F30-34	3D Triathlon Club	00:15:50	00:02:29	00:44:00	00:01:23	00:24:34	01:28:18	10
113.	255	Paul Furey	M35-39	Midlands Triathlon	00:21:46	00:01:50	00:39:13	00:01:45	00:23:52	01:28:27	8
114.	181	ian Browne	M35-39		00:17:50	00:04:44	00:39:11	00:02:19	00:24:27	01:28:32	6
115.	313	Donal Phillips	M45-49		00:18:50	00:03:01	00:42:25	00:01:15	00:23:07	01:28:40	9
116.	45	Edward Fitzpatrick	Relay	n/a	00:20:17	00:00:59	00:42:46	00:00:52	00:23:44	01:28:40	2
117.	51	Bergin Joe	Relay	Portlaoise Leisure Centre	00:16:23	00:00:50	00:43:51	00:00:43	00:26:57	01:28:45	10
118.	212	Robins Adam	F35-39	Activ multisport	00:15:32	00:01:37	00:42:15	00:02:02	00:27:18	01:28:46	7
119.	196	Matthew Kirrane	M30-34		00:17:20	00:02:04	00:42:56	00:01:32	00:25:19	01:29:14	6
120.	256	Amie Giles	F20-24	not a member	00:16:37	00:03:01	00:44:37	00:01:26	00:23:33	01:29:16	8
121.	314	Marcus Quinn	M30-34		00:16:43	00:02:00	00:44:35	00:00:48	00:25:12	01:29:21	7
122.	176	Martin Wickham	M40-44	Wexford	00:17:33	00:03:29	00:40:10	00:03:06	00:25:08	01:29:27	5
123.	154	Seán Cunnane	M30-34		00:19:10	00:03:00	00:43:40	00:00:55	00:22:58	01:29:45	5
124.	14	Fiona Donnellan	F30-34	NA	00:16:24	00:01:33	00:47:37	00:00:49	00:23:21	01:29:46	1
125.	298	Robert Lanigan	M50-54	None	00:17:54	00:01:36	00:40:05	00:01:55	00:28:40	01:30:11	9
126.	46	Trish Fogarty	F30-34		00:16:25	00:03:19	00:44:57	00:01:50	00:23:46	01:30:19	2
127.	356	David Byrne	M45-49		00:19:15	00:01:18	00:42:27	00:01:34	00:25:57	01:30:32	9
128.	354	Dave O Leary	Relay		00:17:04	00:03:10	00:42:34	00:01:33	00:26:09	01:30:33	2
129.	58	Sean McCormack	M16-17	Tullamore	00:14:53	00:01:29	00:40:25	00:01:41	00:32:07	01:30:37	2
130.	350	Greg Wilson	M45-49	None	00:16:20	00:01:47	00:41:41	00:01:53	00:28:55	01:30:39	10
131.	269	Emma McMenamy	F35-39	3D Triathlon	00:19:16	00:01:15	00:43:32	00:01:24	00:25:15	01:30:44	8
132.	254	Kieran Furey	M35-39	Crosshaven Tri Club	00:20:42	00:03:02	00:42:10	00:01:29	00:23:29	01:30:54	6
133.	216	Greany Dáire	F40-44	Activ multisport	00:18:42	00:01:41	00:44:40	00:01:36	00:24:23	01:31:04	7
134.	224	Geraldine Grant	M30-34	Activ multisport	00:19:32	00:01:45	00:43:14	00:01:27	00:25:05	01:31:05	7
135.	299	Christophe Laudou	M40-44	None	00:15:34	00:03:04	00:40:34	00:01:18	00:31:09	01:31:42	9
136.	179	ian bell	M45-49		00:14:50	00:02:45	00:48:02	00:01:18	00:24:56	01:31:53	6
137.	267	Keating Mark	M45-49	Pulse	00:18:07	00:02:34	00:42:28	00:02:35	00:26:09	01:31:55	8
138.	272	Karina Murray	F30-34	3D	00:27:33	00:01:56	00:37:00	00:00:50	00:24:43	01:32:02	8
139.	180	Stefanie Braun	F18-19	Cork tri	00:15:05	00:02:45	00:48:19	00:01:05	00:24:48	01:32:02	6
140.	189	Joann Dempsey	F25-29		00:15:59	00:01:49	00:45:07	00:01:05	00:28:08	01:32:10	6
141.	150	Gary Condell	M20-24	Laos	00:23:04	00:01:48	00:42:08	00:00:45	00:24:24	01:32:11	5
142.	294	Daniel Jones	M40-44	N/A	00:17:17	00:03:01	00:44:05	00:01:16	00:26:31	01:32:13	9
143.	198	Donal Meade	M35-39		00:20:21	00:02:39	00:42:39	00:02:08	00:24:33	01:32:22	6
144.	252	Orla Finn	F40-44	Portmarnock Tri Club	00:15:25	00:04:02	00:44:29	00:01:11	00:27:15	01:32:23	8
145.	35	Zoe Williams	F30-34		00:12:48	00:02:03	00:48:48	00:01:11	00:27:34	01:32:25	1
146.	13	Susan Doherty	F40-44	Kilkenny Tri Club	00:18:35	00:01:54	00:45:27	00:01:33	00:25:11	01:32:42	8
147.	344	Wyer Nora	F45-49	Waiting List	00:18:24	00:02:22	00:42:09	00:01:41	00:28:07	01:32:44	10
148.	41	Melissa Duncan	F35-39		00:15:44	00:01:43	00:47:25	00:02:01	00:26:01	01:32:56	2
149.	232	Cahill Martha	M40-44	Activ multisport	00:19:27	00:02:24	00:44:44	00:01:06	00:25:14	01:32:58	7
150.	343	Hayden Naill	M35-39	Waiting List	00:18:16	00:03:00	00:44:10	00:00:56	00:26:36	01:32:59	10
151.	304	Robert Naughton	M35-39	None	00:17:40	00:02:30	00:48:06	00:01:00	00:23:50	01:33:07	9
152.	190	Alan Dignam	M40-44		00:21:51	00:02:10	00:41:52	00:01:42	00:25:42	01:33:19	6
153.	227	Bradley James	F30-34	Activ multisport	00:19:25	00:02:42	00:43:49	00:01:10	00:26:10	01:33:19	7
154.	187	Noel Coss	M45-49	Trilogy Triathlon Club	00:21:02	00:01:06	00:43:12	00:01:08	00:26:57	01:33:27	9
155.	204	Elaine O'Connor	F35-39	Trilogy	00:21:08	00:02:11	00:44:53	00:00:56	00:24:25	01:33:34	6
156.	146	Denis Brennan	M40-44		00:21:15	00:02:33	00:43:44	00:02:02	00:24:04	01:33:39	6
157.	246	Gareth Wooster	F40-44	Activ multisport	00:14:55	00:02:43	00:41:13	00:01:49	00:32:57	01:33:39	7
158.	265	Ciaran Maguire	M45-49	Fingal	00:17:18	00:02:31	00:43:10	00:01:32	00:29:05	01:33:40	8
159.	258	Karen Hartery	F35-39	no	00:18:13	00:01:34	00:43:30	00:01:10	00:29:14	01:33:43	8
160.	158	Aideen Ginnell	Relay		00:16:20	00:01:02	00:45:23	00:01:02	00:29:56	01:33:45	5
161.	311	Stephen O'Leary	M55-59	Westportq	00:17:44	00:03:27	00:43:21	00:02:56	00:26:19	01:33:49	9
162.	182	Antoinette Butler	F45-49	Midland Tri	00:16:18	00:01:37	00:44:07	00:01:55	00:30:04	01:34:03	6
163.	236	Doherty Ollie	M40-44	Activ multisport	00:24:59	00:01:51	00:42:19	00:01:03	00:23:50	01:34:03	7
164.	320	Linda Bradford	F45-49	Trid & Tested, Dungarvan	00:15:29	00:03:11	00:48:49	00:01:27	00:26:01	01:34:58	2

165.	201	JACQUELINE MURPHY	F35-39	EDEN TRI CLUB	00:21:08	00:01:53	00:44:04	00:01:28	00:26:40	01:35:15	6
166.	318	Eimear Bowden	F25-29	Racing 795	00:17:04	00:01:36	00:44:49	00:01:36	00:30:19	01:35:26	8
167.	221	Harvey Emma	M30-34	ActivMultisport	00:16:27	00:02:05	00:47:39	00:01:11	00:28:10	01:35:35	7
168.	309	Natasha O'Brien	F25-29	Eden Tri Club	00:18:49	00:01:39	00:45:37	00:01:06	00:28:29	01:35:42	9
169.	276	Naomi O'Reilly	F40-44	Tri an Mhi	00:17:20	00:01:49	00:48:19	00:01:46	00:26:37	01:35:52	8
170.	160	Justin Greco	M25-29	None	00:17:38	00:04:34	00:46:38	00:01:41	00:25:29	01:36:02	5
171.	327	becca Gallagher	F40-44		00:15:59	00:01:39	00:47:46	00:00:54	00:29:49	01:36:08	10
172.	199	Tom Monnelly	M45-49		00:22:21	00:03:52	00:44:32	00:01:35	00:24:03	01:36:25	6
173.	349	Irene Walsh	F45-49	Trilogy	00:16:51	00:02:13	00:48:25	00:00:50	00:28:24	01:36:46	10
174.	213	Burke Aine	F30-34	Activ multisport	00:17:31	00:01:54	00:47:19	00:01:28	00:28:34	01:36:48	7
175.	184	Gail Clear	F35-39		00:18:37	00:01:43	00:46:27	00:01:35	00:28:31	01:36:55	6
176.	157	Thomas Gilligan	M35-39	Midlands tri club	00:22:45	00:02:27	00:44:35	00:01:38	00:25:28	01:36:56	5
177.	264	Paul Kinsella	M50-54	None	00:17:30	00:01:45	00:46:56	00:01:16	00:29:34	01:37:03	8
178.	205	Beata Polanska	F35-39	353851387515	00:20:47	00:02:34	00:45:52	00:01:33	00:26:24	01:37:13	6
179.	346	Brendan Quigley	M35-39		00:19:16	00:03:41	00:44:17	00:02:41	00:27:38	01:37:35	10
180.	259	Marie Hayes	F30-34	Trilogy	00:20:57	00:02:02	00:44:42	00:01:14	00:28:58	01:37:55	8
181.	144	jacqueline bowe	F25-29	3D Triathlon Club	00:20:23	00:02:43	00:45:39	00:01:13	00:27:58	01:37:57	5
182.	42	Naomi Enright	F30-34	Tipperary Wheelers	00:15:42	00:01:40	00:49:10	00:01:31	00:30:03	01:38:08	2
183.	229	Shay Kearns	M40-44	Active Multisport	00:21:48	00:01:48	00:43:39	00:02:31	00:28:23	01:38:10	7
184.	286	Fiona Doyle	F40-44		00:17:16	00:02:42	00:47:09	00:01:51	00:29:22	01:38:23	9
185.	319	Ruth Boyle	F35-39		00:17:03	00:02:16	00:51:08	00:01:28	00:26:37	01:38:34	10
186.	203	Rachael O' Reilly	F30-34	Trilogy	00:21:00	00:02:29	00:46:32	00:01:05	00:27:33	01:38:41	6
187.	284	Jean-Charles Caillere	M35-39		00:15:30	00:02:53	00:50:54	00:01:24	00:28:07	01:38:51	9
188.	238	McGarvey Paul	F35-39	Activ multisport	00:18:51	00:03:21	00:44:02	00:02:32	00:30:07	01:38:55	7
189.	237	Mark O'Reilly	M30-34	Activ multisport	00:12:28	00:01:55	00:50:13	00:00:59	00:33:37	01:39:14	7
190.	263	Fiona Kelly	F20-24	Portlaoise	00:21:45	00:02:45	00:46:52	00:01:12	00:26:40	01:39:16	8
191.	331	Teresa Kelly	F45-49	Tri athy	00:22:40	00:01:50	00:47:14	00:01:31	00:26:11	01:39:28	10
192.	308	Emmet O Toole	M40-44		00:19:46	00:02:19	00:49:41	00:00:52	00:26:49	01:39:28	9
193.	209	Cummins Stephen	M30-34	Waiting List	00:20:45	00:02:39	00:45:07	00:01:09	00:30:03	01:39:45	6
194.	220	Ryan Ellen	F20-24	ACTIVMULTISPORT	00:14:36	00:01:53	00:47:01	00:01:25	00:34:55	01:39:53	7
195.	290	rachel harrington	F50-54		00:17:02	00:02:32	00:48:31	00:02:14	00:29:49	01:40:10	9
196.	166	Darragh McEvoy	M25-29		00:19:49	00:03:59	00:48:53	00:01:13	00:26:26	01:40:23	5
197.	156	Karen Firman	F40-44	Wexford	00:20:09	00:02:59	00:46:06	00:01:19	00:30:17	01:40:53	5
198.	357	Tom Britton	Relay		00:19:32	00:03:39	00:50:20	00:01:50	00:25:39	01:41:02	10
199.	208	Bernadette Spillane	Relay	none	00:20:02	00:00:59	00:53:01	00:01:02	00:25:57	01:41:03	6
200.	211	John Tracey	M55-59		00:17:21	00:04:29	00:45:18	00:02:44	00:31:10	01:41:04	6
201.	185	Jen Condon	F30-34	None	00:23:21	00:02:47	00:50:20	00:01:06	00:23:38	01:41:15	6
202.	153	Mick Cullen	M45-49		00:22:43	00:03:25	00:45:13	00:02:09	00:27:54	01:41:27	5
203.	170	Deirdre O malley	F45-49	None	00:29:39	00:02:16	00:44:40	00:01:51	00:23:07	01:41:36	5
204.	219	Guinan Denise	F45-49	Activ multisport	00:25:55	00:03:11	00:44:38	00:01:15	00:26:35	01:41:36	7
205.	161	Gez Grimes	M35-39	none	00:17:33	00:02:33	00:46:00	00:01:16	00:34:22	01:41:45	5
206.	172	Simon Smith	M40-44	N/A	00:20:36	00:03:55	00:45:49	00:02:10	00:29:15	01:41:47	5
207.	335	Lynch Matt	M25-29	Waiting List	00:15:55	00:02:02	00:45:57	00:02:03	00:35:50	01:41:49	10
208.	178	Connor Barry	M35-39		00:21:03	00:02:55	00:47:51	00:01:35	00:28:49	01:42:15	6
209.	54	Livy Leonard	F40-44	3D Tri	00:17:03	00:02:18	00:49:47	00:01:45	00:31:40	01:42:34	2
210.	197	Michael Mc crohan	M55-59	SCEILIG MHICHIL	00:19:55	00:05:02	00:43:21	00:02:59	00:31:18	01:42:36	6
211.	175	Peter Walsh	Relay		00:19:51	00:00:39	00:53:41	00:00:54	00:27:42	01:42:49	5
212.	167	Niall McGrath	M35-39		00:20:05	00:03:35	00:49:17	00:01:30	00:28:23	01:42:51	5
213.	288	Majella Geraghty	F45-49	Pulse Tri Club	00:19:35	00:03:37	00:49:13	00:02:26	00:28:24	01:43:18	6
214.	296	Ruth Kerrigan	F35-39	Tri an Mhi	00:18:01	00:01:39	00:48:45	00:01:25	00:33:28	01:43:21	9
215.	241	Corrigan Rebekah	M35-39	Activ multisport	00:20:26	00:02:34	00:49:25	00:01:29	00:29:25	01:43:21	7
216.	268	Rhona McCormack	F45-49		00:19:18	00:02:15	00:50:21	00:01:30	00:29:57	01:43:24	8
217.	174	John Sullivan	M45-49		00:20:35	00:04:47	00:48:17	00:04:16	00:25:39	01:43:37	5
218.	277	Samantha Pare	F25-29	3D	00:17:41	00:02:38	00:50:31	00:01:10	00:32:13	01:44:16	8
219.	253	Angela Flynn	F30-34	3D Tri	00:20:34	00:01:58	00:51:12	00:02:21	00:28:27	01:44:34	8
220.	249	Lauren Daly	F25-29	Not a member	00:19:12	00:04:20	00:51:27	00:02:07	00:27:43	01:44:51	8
221.	177	Cummins Aishling	F30-34	Waiting List	00:18:00	00:03:22	00:48:43	00:01:33	00:33:19	01:45:00	6
222.	202	Giles Neil	M25-29	Waiting List	00:21:00	00:03:44	00:50:29	00:01:58	00:28:02	01:45:14	6
223.	207	Rena Ryan	F45-49		00:17:53	00:02:38	00:47:55	00:02:07	00:34:57	01:45:33	6
224.	165	Carmel Lalor	F30-34	Trilogy	00:22:54	00:02:32	00:52:37	00:01:20	00:26:53	01:46:18	5
225.	142	Elaine Barry	F25-29		00:26:30	00:02:53	00:48:53	00:01:28	00:26:59	01:46:46	5
226.	70	Paul Whelan	M30-34		00:21:38	00:02:05	00:52:03	00:01:45	00:29:17	01:46:50	7
227.	323	Leo Deffew	M50-54	Trilogy.ie	00:27:43	00:04:11	00:40:24	00:01:00	00:34:03	01:47:21	9
228.	210	Tony Thornton	M45-49	Naas	00:21:29	00:02:47	00:49:19	00:02:01	00:33:27	01:49:05	6
229.	279	Raymond Rowan	M35-39	Athy Triathlon Club	00:21:04	00:02:36	00:48:47	00:01:54	00:34:43	01:49:07	8
230.	173	Sinead Smith	F40-44		00:19:13	00:02:49	00:55:43	00:01:58	00:30:37	01:50:22	5
231.	247	Alice Casey	F30-34	none	00:19:33	00:04:29	00:55:29	00:02:07	00:28:43	01:50:22	8
232.	162	Louise Heraghty	F35-39	Dublin Bay RC	00:26:31	00:03:09	00:53:40	00:01:35	00:26:27	01:51:24	5
233.	159	Martin Gormally	Relay		00:30:48	00:01:00	00:55:06	00:00:53	00:24:11	01:51:59	5
234.	171	Derek Phelan	M50-54		00:27:15	00:04:35	00:45:39	00:01:25	00:35:02	01:53:59	5
235.	164	Lynda Kiernan	F45-49		00:24:51	00:03:21	00:53:45	00:02:03	00:30:00	01:54:03	5
236.	341	Sue Morel	F45-49	none	00:17:06	00:04:48	00:57:21	00:01:48	00:34:39	01:55:45	9
237.	250	Louise Delaney	F35-39	Trilogy	00:21:18	00:02:19	00:56:05	00:01:24	00:35:08	01:56:16	8
238.	262	Owen Joyce	M25-29	N/A	00:22:19	00:03:25	01:00:28	00:01:16	00:29:26	01:56:56	8
239.	275	Justine O'Flanagan	F45-49	Estuary Runners	00:19:12	00:03:16	00:57:57	00:01:29	00:35:13	01:57:08	8
240.	168	Gráinne Moore	F40-44		00:29:10	00:03:44	00:51:48	00:03:01	00:35:38	02:03:24	5
241.	145	Simon Breen	Relay		00:31:18	00:58:56	00:01:00		01:21:57	02:04:24	5
242.	306	Orlaith Ni Fhoghlu	F30-34	N/a	00:17:02	00:05:01	00:58:50	00:02:54	00:41:36	02:05:25	9
243.	270	Anne Moloney	F50-54	None	00:22:18	00:05:32	00:57:50	00:02:33	00:38:13	02:06:27	8
244.	148	Martina Campion	Relay		00:20:34	00:00:55	01:13:02	00:00:58	00:33:15	02:08:45	5
245.	271	Carol Moloney	F45-49	None	00:24:07	00:05:23	01:05:33	00:02:08	00:40:35	02:17:48	8
246.	352	Aishlin Riordan	F30-34		00:30:22	00:03:53	01:04:23	00:02:01	00:42:02	02:22:43	5
247.	239	Lindsay-Russell Peter	F50-54	Active MultiSport	00:29:05	00:03:58	00:51:29	00:03:22	00:58:29	02:26:25	7

Trilogy Try A Tri 2017											
1.	86	Aigars Kolcs	M40-44		00:08:48	00:01:44	00:38:06	00:01:16	00:23:45	01:13:40	3
2.	104	David Sweeney	M40-44	Waiting List	00:12:58	00:02:51	00:37:23	00:02:09	00:19:13	01:14:35	3
3.	73	Kaspars Butkins	M30-34		00:08:44	00:01:44	00:41:23	00:01:07	00:23:05	01:16:05	3
4.	102	Gary Rowan	M30-34	Longford	00:09:24	00:01:30	00:41:00	00:01:12	00:23:32	01:16:40	3
5.	95	Gerry Murphy	M50-54	Nil	00:10:49	00:01:29	00:42:35	00:00:53	00:21:55	01:17:43	3
6.	79	Enda Flynn	M50-54	Tri an Mhi	00:10:58	00:01:34	00:41:02	00:01:32	00:24:01	01:19:10	3
7.	80	Colm Flynn	M18-19	Tri an Mhi	00:10:11	00:02:06	00:41:00	00:01:27	00:24:24	01:19:10	3
8.	132	Tom Phelan	M25-29		00:11:47	00:02:15	00:43:28	00:01:23	00:20:19	01:19:13	4
9.	121	John Healy	M50-54		00:13:05	00:02:47	00:41:32	00:01:06	00:24:38	01:23:11	4
10.	98	Zoe O'Connor	F25-29		00:09:37	00:01:59	00:43:41	00:01:23	00:28:09	01:24:51	3
11.	97	Alan O'Brien	M45-49		00:12:24	00:01:51	00:39:56	00:01:51	00:28:48	01:24:52	3
12.	122	Michelle Keenan	F30-34	Waiting List	00:13:12	00:02:44	00:45:33	00:01:23	00:22:36	01:25:29	4
13.	88	Anne Maher	F45-49	Clonmel Tri Club	00:11:31	00:02:25	00:46:12	00:01:14	00:24:17	01:25:41	3
14.	112	Orla Calt	F45-49	Tri Laoise	00:10:21	00:01:48	00:46:52	00:01:53	00:25:14	01:26:10	4
15.	120	Noel Finnerty	M40-44	Predator Tri Club	00:12:58	00:03:47	00:42:22	00:02:13	00:24:50	01:26:13	4
16.	141	Barbara Wiseman	F40-44	none	00:13:56	00:02:27	00:43:48	00:01:00	00:25:03	01:26:16	4
17.	130	Robert Murphy	M25-29		00:10:32	00:03:16	00:44:56	00:02:25	00:25:08	01:26:18	4
18.	116	Gary Devane	M45-49	Trilogy	00:16:28	00:01:52	00:40:59	00:01:13	00:26:04	01:26:37	4
19.	91	Joe McGlynn	M45-49		00:10:19	00:02:38	00:44:55	00:01:59	00:26:48	01:26:41	3
20.	89	Sharon Maher	F40-44		00:10:51	00:02:01	00:44:56	00:01:34	00:28:26	01:27:51	3
21.	77	Alston Fiona	F40-44	Waiting List	00:11:11	00:03:10	00:45:19	00:01:35	00:26:47	01:28:04	3
22.	96	Patricia O'Brien Mccord	F35-39	Racing 795	00:13:56	00:03:08	00:44:23	00:01:34	00:25:08	01:28:12	3
23.	127	Elaine Moore	F45-49		00:13:49	00:01:53	00:42:26	00:01:26	00:29:01	01:28:37	4
24.	103	Karen Rynn	F40-44		00:12:16	00:03:00	00:45:20	00:01:33	00:27:10	01:29:21	3
25.	115	Kristina Courtney	F35-39	None	00:14:11	00:03:25	00:44:44	00:01:41	00:25:48	01:29:51	4
26.	140	Owen Tracey	M25-29		00:15:21	00:02:15	00:45:34	00:01:46	00:26:40	01:31:40	4
27.	75	Coleborn Denise		Waiting List	00:09:16	00:02:29	00:50:28	00:01:30	00:28:18	01:32:03	3
28.	105	Colm Tracey	M35-39	None	00:13:32	00:02:24	00:47:27	00:01:29	00:27:14	01:32:08	3
29.	93	Emma Moore	F25-29		00:10:52	00:02:24	00:48:58	00:01:38	00:28:15	01:32:09	3
30.	129	Phil Murphy	F50-54	Triathy	00:18:06	00:03:10	00:43:06	00:01:43	00:26:24	01:32:31	4
31.	71	Monica Aslett	F45-49	None	00:11:31	00:02:48	00:48:13	00:01:33	00:28:36	01:32:44	3
32.	94	Sarah Moorhead	F25-29		00:13:31	00:02:43	00:48:28	00:01:20	00:27:08	01:33:11	3
33.	72	Conal Barry	M50-54	Trilogy	00:13:08	00:02:39	00:49:05	00:01:12	00:27:40	01:33:45	3
34.	84	Aisling Horgan	F40-44	tried and tested	00:13:29	00:02:23	00:48:16	00:01:46	00:28:17	01:34:12	3
35.	134	Angela Roche	F40-44	Predator Triathlon Club	00:12:21	00:02:51	00:50:44	00:01:36	00:29:53	01:37:26	4
36.	108	Sarah Bowe	F45-49	Change PIS	00:12:03	00:02:06	00:50:55	00:01:53	00:30:48	01:37:47	4
37.	117	Noel Donohoe	M50-54	Portlaoise	00:17:32	00:03:11	00:45:28	00:02:17	00:30:09	01:38:39	4
38.	83	Aoife Haverty	F40-44		00:12:15	00:02:54	00:50:05	00:01:19	00:32:11	01:38:46	3
39.	131	Adrienne O'Hare	F45-49	Estuary Runners	00:13:55	00:03:34	00:50:52	00:02:22	00:28:03	01:38:48	4
40.	118	Annie Falvey	F45-49	Clonmel Triathlon Club	00:13:54	00:02:43	00:49:36	00:02:03	00:30:31	01:38:50	4
41.	138	Lorraine Sheridan	F35-39	Estuary runners	00:14:09	00:02:39	00:52:30	00:02:36	00:28:21	01:40:18	4
42.	113	noel comer	M35-39		00:14:04	00:05:33	00:47:48	00:02:37	00:31:50	01:41:54	4
43.	107	Paul Behan	M35-39		00:10:45	00:04:12	00:50:57	00:01:05	00:35:15	01:42:16	4
44.	119	Ursula Farrell	F45-49	Portlaoise	00:12:55	00:02:39	00:55:13	00:01:15	00:30:13	01:42:18	4
45.	133	Judith Ratcliffe	F50-54	Tri Laois Trilogy	00:16:27	00:02:00	00:52:24	00:01:19	00:30:23	01:42:35	4
46.	92	Ruth Molloy	F35-39	Triathlon Ireland	00:10:58	00:02:52	00:48:16	00:02:03	00:39:10	01:43:21	3
47.	139	Lisa Stout	F30-34	None	00:15:05	00:03:33	00:51:38	00:01:29	00:31:45	01:43:32	4
48.	74	Caroline Curran	F40-44	Estuary Triatheletes	00:18:07	00:00:46	01:00:11	00:01:30	00:23:23	01:43:59	3
49.	85	Catherine Kavanagh Norris	F30-34	Mallow Tri Club	00:08:56	00:02:33	00:55:34	00:01:46	00:35:48	01:44:39	3
50.	106	Karla Twomey	F45-49	Tried & Tested	00:15:43	00:03:26	00:53:55	00:01:57	00:30:43	01:45:46	3
51.	78	Angela Fitzpatrick	F45-49	Laois	00:12:46	00:02:58	00:57:21	00:02:18	00:30:34	01:45:58	3
52.	90	Sabrina Mansouri	F30-34		00:13:35	00:02:50	00:58:11	00:01:58	00:30:12	01:46:49	3
53.	124	Greg Leonard	M40-44		00:11:06	00:04:08	00:54:39	00:01:47	00:36:23	01:48:06	4
54.	135	Pamela Ryan	F45-49		00:12:51	00:04:27	00:50:12	00:01:41	00:39:41	01:48:53	4
55.	109	karen butler	F45-49	Estuary	00:14:10	00:03:03	01:08:25	00:01:30	00:27:02	01:54:12	4
56.	126	Tom Mc Donnell	M35-39	None	00:14:10	00:03:38	00:46:07	00:04:37	00:46:21	01:54:54	4
57.	81	Ciara Garvan	F40-44	Estuary Tri Club	00:13:05	00:04:33	01:03:56	00:01:29	00:32:01	01:55:07	3
58.	111	Caitlin Byrne	F16-17		00:12:16	00:03:46	01:01:18	00:01:52	00:38:21	01:57:35	4
59.	110	David Byrne	M40-44		00:12:16	00:03:45	01:01:20	00:01:52	00:38:21	01:57:35	4
60.	76	Sharon Dollard	F40-44	Trilogy	00:13:47	00:03:21	01:07:31	00:02:13	00:33:05	01:59:59	3
61.	87	Hazel Leonard	F35-39	Estuary Tri Club	00:12:16	00:02:17	01:13:48	00:01:20	00:31:10	02:00:52	3
62.	123	Anne Lawlor	F35-39		00:13:09	00:03:27	01:08:47	00:01:54	00:37:42	02:05:01	4
63.	128	Paul Morris	M35-39	None	00:13:58	00:04:41	01:07:16	00:02:12	00:37:40	02:05:50	4
64.	125	Ciara Mahon	F35-39	Estuary Runners	00:19:16	00:03:08	01:08:40	00:01:48	00:34:33	02:07:28	4